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24-Hour Ambulatory Blood Pressure Monitoring (ABPM)

What is it?

Ambulatory Blood Pressure Monitoring (ABPM) is a technique for assessing a person’s blood pressure. ABPM allows a doctor to assess your blood pressure during your routine daily living over a 24 hour period.

Why is it done?

By measuring your blood pressure at regular intervals over 24 hours, your doctor is able to get clear picture of how your blood pressure changes over the course of a day. An ABP monitor will take a reading approximately every 30 minutes during the day and every hour during the night. It will also take a random reading throughout the day to prevent the reading being affected by the anticipation of visiting your GP for a reading. An ABP also tracks how well your medication is working and if it is controlling your blood pressure during the day and night.

How is it done?

You will have a cuff to wear around your arm which is a attached to a belt fitted around your waist.When you feel the BP cuff begin to inflate, if safe to do so drop your arm down to the side and ensure it is kept straight until the cuff deflates. Occasionally the cuff may inflate twice in quick succession. This usually means that your BP was not detected properly the first time. Again ensure your arm is kept straight and still. You will be shown how to adjust the belt around your waist if it is required. The belt can be removed from round your waist overnight and placed somewhere nearby and safe.

If you need to remove the cuff over the 24 hour period, wait until a reading has been taken and then you have 30 minutes until the next one.

DO NOT disconnect the BP cuff from the recoding machine and DO NOT remove the batteries from the machine.

You should continue with your normal daily activities during the test, although you must avoid getting the equipment wet.

The results will be sent to the Doctor who requested them.